

COVID CAN CAUSE ISOLATION AND LONLINESS

The COVID-19 Pandemic has impacted the world in tremendous ways, on both personal and public levels. One thing we all know and have felt at some point throughout this pandemic is the degree of loneliness the social isolation has caused. If you are feeling disconnected from family and friends, you are not alone! Here are some resources that can help you reconnect with family and friends in a safe manner.

COPING WITH STRESS

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

MANAGING ISOLATION AND LONELINESS DURING COVID-19

<https://www.mass.gov/info-details/managing-isolation-and-loneliness-during-covid-19>

HOW TO BEAT LONELINESS DURING COVID-19

<https://guides.hsict.library.utoronto.ca/c.php?q=716817&p=5127764>

SOCIAL ISOLATION RESOURCES

<https://www.smpresource.org/Content/You-Can-Help/Social-Isolation-Resources.aspx>

FUN VIRTUAL FAMILY REUNION IDEAS

<https://hessunacademy.com/virtual-family-reunion/>

While navigating these difficult times, **JEWISH FAMILY SERVICE** is here to help manage the stress and uncertainty. Our staff is dedicated to providing peer support for anyone who needs assistance dealing with COVID related stressors. If you would like to speak with a crisis counselor, please call **973-842-4463**.



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Jewish Family Service of Clifton-Passaic in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

